



## SKILLS



## INTERESTS

- ★ Surfing      🌐 Martial Arts
- 👤 Community Service      📝 Blogging

## STRENGTHS

- ⌚ Patience      🏔️ Perseverance
- 📅 Planning      ⚙️ Positivity

## LANGUAGES



## ACHIEVEMENTS

- ★ Increased client retention rate by 30% through personalized coaching.
- ★ Developed a successful weight loss program that resulted in clients losing an average of 10 pounds in 8 weeks.

# MIA TAYLOR

## Freelance Personal Trainer

✉ support@qwikresume.com    📞 (123) 456 7899    📍 Los Angeles

🌐 www.qwikresume.com

## PROFESSIONAL SUMMARY

Enthusiastic Freelance Personal Trainer with 2 years of experience in creating customized fitness and nutrition plans. Adept at fostering client motivation and ensuring safety during workouts. Committed to tracking progress and adapting strategies to help clients achieve their health goals. Excited to empower individuals on their journey to a healthier lifestyle.

## WORK EXPERIENCE

**Freelance Personal Trainer**      📅 Feb / 2024-Ongoing  
**Seaside Innovations**      📍 Santa Monica, CA

1. Evaluated clients' fitness levels and health conditions to tailor programs.
2. Designed individualized exercise regimens based on client goals.
3. Provided detailed explanations of exercises and offered modifications as needed.
4. Monitored and documented client progress, adjusting plans accordingly.
5. Educated clients on safe and effective use of gym equipment.
6. Led both individual and group training sessions to cultivate a supportive environment.
7. Develop personalized fitness programs tailored to individual client goals and needs.

**Freelance Personal Trainer**      📅 Feb / 2023-Feb / 2024  
**Silver Lake Enterprises**      📍 Seattle, WA

1. Communicated professionally with clients through various channels.
2. Responded promptly to client inquiries via email and phone.
3. Ensured high standards of customer service and satisfaction.
4. Reported any liability issues immediately and accurately.
5. Conducted personal workouts and skill development training for clients of all ages.
6. Facilitated a weights training program tailored for sports-specific and weight loss clients.

## EDUCATION

**Bachelor of Science in Kinesiology**      📅 Feb / 2022-Feb / 2023  
**University of Health Sciences**      📍 Phoenix, AZ

Focused on exercise science, nutrition, and health promotion.